

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

Menu Name: NSLP 7-8 Breakfast Menu 21-22

Include Cost: No

Site: All Sites

Report Style: Detailed

Monday - 11/01/2021

Reimbursable Meal Total 510

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000539 Honey Wheat Donut (2WG)	EACH	110	240	2.50	300	19	8.00	0.00	0	38.00	2.00	7.00
001281 Pan Dulce Concha (2WG)	EACH	145	200	1.50	90	8	6.00	0.00	5	34.00	2.00	5.00
000335 Parfait Yogurt, Strawberry, Large (2M, 2WG, 5c.F)	parfait	30	502	2.03	301	51	10.78	0.00	5	89.73	5.76	12.01
001942 Cereal, Frosted Flakes	Each	25	100	0.00	170	7	0.00	0.00	0	24.00	3.00	2.00
001439 Cereal, Cocoa Puffs RS	Each	15	110	0.00	120	8	1.50	0.00	0	25.00	2.00	2.00
000404 Cheese, String, Mozzarella, 1 oz (1M)	Each	95	80	3.50	200	0	6.00	0.00	15	1.00	0.00	7.00
000399 Peanut Butter & Jelly Bar Conv	Each	60	310	4.00	210	13	18.00	0.00	0	31.00	5.00	10.00
001038 Breakfast Burrito (1.5M, 1.5WG)	1 each	35	222	2.71	359	1	6.28	0.00	11	31.39	6.07	11.84
000518 Apple Juice	4 OZ	420	55	0.00	12	12	0.00	0.00	0	14.00	0.00	0.00
000068 Banana	EACH	125	90	0.11	1	12	0.33	0.00	0	23.07	2.63	1.10
000763 Milk, Nonfat Chocolate Carton	Carton	70	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	245	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	35	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00

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Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000222 Ketchup: individual	packet	0	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
Weighted Daily Average			359	3.14	321	35	9.06	0.00	14	59.48	3.19	14.36
% of Calories				7.87%		39.0%	22.7%	0.0%		66.3%		16.0%
Weekly Nutrient Guideline			400 - 550	<10	600		<=0					

Tuesday - 11/02/2021

Reimbursable Meal Total 510

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001741 Donut, Mini, Pwdr 6ct-pk	Pack	120	270	3.00	230	21	11.00	0.00	0	41.00	2.00	4.00
001281 Pan Dulce Concha (2WG)	EACH	155	200	1.50	90	8	6.00	0.00	5	34.00	2.00	5.00
000335 Parfait Yogurt, Strawberry, Large (2M, 2WG, 5c.F)	parfait	40	502	2.03	301	51	10.78	0.00	5	89.73	5.76	12.01
001942 Cereal, Frosted Flakes	Each	35	100	0.00	170	7	0.00	0.00	0	24.00	3.00	2.00
001439 Cereal, Cocoa Puffs RS	Each	15	110	0.00	120	8	1.50	0.00	0	25.00	2.00	2.00
000404 Cheese, String, Mozzarella, 1 oz (1M)	Each	100	80	3.50	200	0	6.00	0.00	15	1.00	0.00	7.00
000399 Peanut Butter & Jelly Bar Conv	Each	70	310	4.00	210	13	18.00	0.00	0	31.00	5.00	10.00
001038 Breakfast Burrito (1.5M, 1.5WG)	1 each	45	222	2.71	359	1	6.28	0.00	11	31.39	6.07	11.84
000830 Juice, AppleBerry 4 oz (1/2c. F-J)	4 oz (each)	420	55	0.00	15	13	0.00	0.00	0	13.50	0.00	0.00
000068 Banana	EACH	125	90	0.11	1	12	0.33	0.00	0	23.07	2.63	1.10
000419 FRUIT MIX:canned,Drained	1/2 Cup	54	60	0.00	10	13	0.00	0.00	0	17.00	0.00	0.00

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Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000763 Milk, Nonfat Chocolate Carton	Carton	70	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	245	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	35	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000222 Ketchup: individual	packet	0	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
Weighted Daily Average			404	3.54	337	40	10.79	0.00	14	66.45	3.66	14.66
% of Calories				7.89%		39.6%	24.0%	0.0%		65.8%		14.5%
Weekly Nutrient Guideline			400 - 550	<10	600		<=0					

Wednesday - 11/03/2021

Reimbursable Meal Total 530

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001448 Croissant Sandwich w/ Ham (1.75M, 2WG)	Each	60	326	6.69	663	6	16.37	0.00	120	31.85	2.00	14.63
000539 Honey Wheat Donut (2WG)	EACH	100	240	2.50	300	19	8.00	0.00	0	38.00	2.00	7.00
001281 Pan Dulce Concha (2WG)	EACH	120	200	1.50	90	8	6.00	0.00	5	34.00	2.00	5.00
000335 Parfait Yogurt, Strawberry, Large (2M, 2WG, 5c.F)	parfait	40	502	2.03	301	51	10.78	0.00	5	89.73	5.76	12.01
001942 Cereal, Frosted Flakes	Each	35	100	0.00	170	7	0.00	0.00	0	24.00	3.00	2.00
001439 Cereal, Cocoa Puffs RS	Each	15	110	0.00	120	8	1.50	0.00	0	25.00	2.00	2.00
000404 Cheese, String, Mozzarella, 1 oz (1M)	Each	80	80	3.50	200	0	6.00	0.00	15	1.00	0.00	7.00
000399 Peanut Butter & Jelly Bar Conv	Each	70	310	4.00	210	13	18.00	0.00	0	31.00	5.00	10.00

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Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001038 Breakfast Burrito (1.5M, 1.5WG)	1 each	85	222	2.71	359	1	6.28	0.00	11	31.39	6.07	11.84
000875 Orange Juice 4 oz (1/2c.F)	Each	455	60	0.00	10	12	0.00	0.00	0	14.00	0.00	1.00
001903 Applesauce, Mango peach	Each	105	60	0.00	0	12	0.00	0.00	0	15.00	1.00	0.00
000763 Milk, Nonfat Chocolate Carton	Carton	70	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	244	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	35	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000222 Ketchup: individual	packet	0	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
Weighted Daily Average			403	3.90	413	35	11.02	0.00	27	62.61	3.58	17.05
% of Calories				8.71%		34.7%	24.6%	0.0%		62.1%		16.9%
Weekly Nutrient Guideline			400 - 550	<10	600		<=0					

Thursday - 11/04/2021

Reimbursable Meal Total 530

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001448 Croissant Sandwich w/ Ham (1.75M, 2WG)	Each	65	326	6.69	663	6	16.37	0.00	120	31.85	2.00	14.63
001741 Donut, Mini, Pwdr 6ct-pk	Pack	100	270	3.00	230	21	11.00	0.00	0	41.00	2.00	4.00
001281 Pan Dulce Concha (2WG)	EACH	120	200	1.50	90	8	6.00	0.00	5	34.00	2.00	5.00
000335 Parfait Yogurt, Strawberry, Large (2M, 2WG, 5c.F)	parfait	40	502	2.03	301	51	10.78	0.00	5	89.73	5.76	12.01
001942 Cereal, Frosted Flakes	Each	35	100	0.00	170	7	0.00	0.00	0	24.00	3.00	2.00

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Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001439 Cereal, Cocoa Puffs RS	Each	15	110	0.00	120	8	1.50	0.00	0	25.00	2.00	2.00
000404 Cheese, String, Mozzarella, 1 oz (1M)	Each	80	80	3.50	200	0	6.00	0.00	15	1.00	0.00	7.00
000399 Peanut Butter & Jelly Bar Conv	Each	70	310	4.00	210	13	18.00	0.00	0	31.00	5.00	10.00
001038 Breakfast Burrito (1.5M, 1.5WG)	1 each	85	222	2.71	359	1	6.28	0.00	11	31.39	6.07	11.84
000830 Juice, AppleBerry 4 oz (1/2c. F-J)	4 oz (each)	420	55	0.00	15	13	0.00	0.00	0	13.50	0.00	0.00
001993 Tangerines	Each	115	64	0.05	2	*N/A*	0.37	0.00	0	16.01	2.20	*N/A*
000763 Milk, Nonfat Chocolate Carton	Carton	105	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	315	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	35	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000222 Ketchup: individual	packet	0	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
Weighted Daily Average			429	4.27	440	*37	12.15	0.00	31	66.12	3.88	*17.77
% of Calories				8.96%		*34.5%	25.5%	0.0%		61.7%		*16.6%
Weekly Nutrient Guideline			400 - 550	<10	600		<=0					

Friday - 11/05/2021

Reimbursable Meal Total 530

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001448 Croissant Sandwich w/ Ham (1.75M, 2WG)	Each	65	326	6.69	663	6	16.37	0.00	120	31.85	2.00	14.63
000539 Honey Wheat Donut (2WG)	EACH	100	240	2.50	300	19	8.00	0.00	0	38.00	2.00	7.00

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Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001281 Pan Dulce Concha (2WG)	EACH	125	200	1.50	90	8	6.00	0.00	5	34.00	2.00	5.00
000335 Parfait Yogurt, Strawberry, Large (2M, 2WG, 5c.F)	parfait	40	502	2.03	301	51	10.78	0.00	5	89.73	5.76	12.01
001942 Cereal, Frosted Flakes	Each	35	100	0.00	170	7	0.00	0.00	0	24.00	3.00	2.00
001439 Cereal, Cocoa Puffs RS	Each	15	110	0.00	120	8	1.50	0.00	0	25.00	2.00	2.00
000404 Cheese, String, Mozzarella, 1 oz (1M)	Each	80	80	3.50	200	0	6.00	0.00	15	1.00	0.00	7.00
000399 Peanut Butter & Jelly Bar Conv	Each	80	310	4.00	210	13	18.00	0.00	0	31.00	5.00	10.00
001038 Breakfast Burrito (1.5M, 1.5WG)	1 each	45	222	2.71	359	1	6.28	0.00	11	31.39	6.07	11.84
000518 Apple Juice	4 OZ	495	55	0.00	12	12	0.00	0.00	0	14.00	0.00	0.00
000419 FRUIT MIX:canned,Drained	1/2 Cup	74	60	0.00	10	13	0.00	0.00	0	17.00	0.00	0.00
000763 Milk, Nonfat Chocolate Carton	Carton	105	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	315	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	35	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000222 Ketchup: individual	packet	0	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
Weighted Daily Average			417	4.05	432	40	11.43	0.00	30	65.37	3.05	17.68
% of Calories				8.74%		38.4%	24.7%	0.0%		62.7%		17.0%
Weekly Nutrient Guideline			400 - 550	<10	600		<=0					

Monday - 11/08/2021

Reimbursable Meal Total 510

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001038 Breakfast Burrito (1.5M, 1.5WG)	1 each	65	222	2.71	359	1	6.28	0.00	11	31.39	6.07	11.84
001738 Poptart 2-pk, Strawberry (2.25WG)	Each	110	350	2.00	370	30	5.00	0.00	0	76.00	6.00	4.00
001889 Breakfast, Cinnamon Roll IW	Each	130	300	6.00	310	22	11.00	0.00	5	51.00	3.00	5.00
000335 Parfait Yogurt, Strawberry, Large (2M, 2WG, 5c.F)	parfait	40	502	2.03	301	51	10.78	0.00	5	89.73	5.76	12.01
001942 Cereal, Frosted Flakes	Each	35	100	0.00	170	7	0.00	0.00	0	24.00	3.00	2.00
001739 Cereal, Froot loops, Bowl	Each	20	110	0.00	170	8	0.50	0.00	0	24.00	3.00	2.00
000404 Cheese, String, Mozzarella, 1 oz (1M)	Each	95	80	3.50	200	0	6.00	0.00	15	1.00	0.00	7.00
000399 Peanut Butter & Jelly Bar Conv	Each	70	310	4.00	210	13	18.00	0.00	0	31.00	5.00	10.00
000875 Orange Juice 4 oz (1/2c.F)	Each	420	60	0.00	10	12	0.00	0.00	0	14.00	0.00	1.00
000068 Banana	EACH	125	90	0.11	1	12	0.33	0.00	0	23.07	2.63	1.10
000763 Milk, Nonfat Chocolate Carton	Carton	105	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	315	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	35	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000222 Ketchup: individual	packet	0	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
Weighted Daily Average			463	4.62	456	46	10.76	0.00	17	79.47	4.94	17.63
% of Calories				8.98%		39.7%	20.9%	0.0%		68.7%		15.2%
Weekly Nutrient Guideline			400 - 550	<10	600		<=0					

Tuesday - 11/09/2021

Reimbursable Meal Total 510

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001038 Breakfast Burrito (1.5M, 1.5WG)	1 each	65	222	2.71	359	1	6.28	0.00	11	31.39	6.07	11.84
001738 Poptart 2-pk, Strawberry (2.25WG)	Each	110	350	2.00	370	30	5.00	0.00	0	76.00	6.00	4.00
001889 Breakfast, Cinnamon Roll IW	Each	110	300	6.00	310	22	11.00	0.00	5	51.00	3.00	5.00
000335 Parfait Yogurt, Strawberry, Large (2M, 2WG, 5c.F)	parfait	35	502	2.03	301	51	10.78	0.00	5	89.73	5.76	12.01
001942 Cereal, Frosted Flakes	Each	35	100	0.00	170	7	0.00	0.00	0	24.00	3.00	2.00
001739 Cereal, Froot loops, Bowl	Each	15	110	0.00	170	8	0.50	0.00	0	24.00	3.00	2.00
000404 Cheese, String, Mozzarella, 1 oz (1M)	Each	75	80	3.50	200	0	6.00	0.00	15	1.00	0.00	7.00
000399 Peanut Butter & Jelly Bar Conv	Each	45	310	4.00	210	13	18.00	0.00	0	31.00	5.00	10.00
001741 Donut, Mini, Pwdr 6ct-pk	Pack	90	270	3.00	230	21	11.00	0.00	0	41.00	2.00	4.00
000518 Apple Juice	4 OZ	420	55	0.00	12	12	0.00	0.00	0	14.00	0.00	0.00
000068 Banana	EACH	125	90	0.11	1	12	0.33	0.00	0	23.07	2.63	1.10
000763 Milk, Nonfat Chocolate Carton	Carton	105	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	315	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	35	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000222 Ketchup: individual	packet	0	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
Weighted Daily Average			470	4.56	464	48	11.04	0.00	16	82.03	4.84	16.42
% of Calories				8.73%		40.9%	21.1%	0.0%		69.8%		14.0%
Weekly Nutrient Guideline			400 - 550	<10	600		<=0					

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

Wednesday - 11/10/2021

Reimbursable Meal Total 510

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001038 Breakfast Burrito (1.5M, 1.5WG)	1 each	65	222	2.71	359	1	6.28	0.00	11	31.39	6.07	11.84
001738 Poptart 2-pk, Strawberry (2.25WG)	Each	105	350	2.00	370	30	5.00	0.00	0	76.00	6.00	4.00
001889 Breakfast, Cinnamon Roll IW	Each	130	300	6.00	310	22	11.00	0.00	5	51.00	3.00	5.00
000335 Parfait Yogurt, Strawberry, Large (2M, 2WG, 5c.F)	parfait	40	502	2.03	301	51	10.78	0.00	5	89.73	5.76	12.01
001942 Cereal, Frosted Flakes	Each	35	100	0.00	170	7	0.00	0.00	0	24.00	3.00	2.00
001739 Cereal, Froot loops, Bowl	Each	15	110	0.00	170	8	0.50	0.00	0	24.00	3.00	2.00
000404 Cheese, String, Mozzarella, 1 oz (1M)	Each	100	80	3.50	200	0	6.00	0.00	15	1.00	0.00	7.00
000399 Peanut Butter & Jelly Bar Conv	Each	80	310	4.00	210	13	18.00	0.00	0	31.00	5.00	10.00
000830 Juice, AppleBerry 4 oz (1/2c. F-J)	4 oz (each)	420	55	0.00	15	13	0.00	0.00	0	13.50	0.00	0.00
000068 Banana	EACH	125	90	0.11	1	12	0.33	0.00	0	23.07	2.63	1.10
000090 Pear, Fresh	EACH	55	69	0.03	1	12	0.17	0.00	0	18.39	3.74	0.44
000763 Milk, Nonfat Chocolate Carton	Carton	105	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	315	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	35	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000222 Ketchup: individual	packet	0	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
Weighted Daily Average			468	4.72	461	48	11.14	0.00	17	80.68	5.35	17.06
% of Calories				9.08%		41.0%	21.4%	0.0%		69.0%		14.6%
Weekly Nutrient Guideline			400 - 550	<10	600		<=0					

Friday - 11/12/2021

Reimbursable Meal Total 510

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001038 Breakfast Burrito (1.5M, 1.5WG)	1 each	65	222	2.71	359	1	6.28	0.00	11	31.39	6.07	11.84
001738 Poptart 2-pk, Strawberry (2.25WG)	Each	110	350	2.00	370	30	5.00	0.00	0	76.00	6.00	4.00
001889 Breakfast, Cinnamon Roll IW	Each	130	300	6.00	310	22	11.00	0.00	5	51.00	3.00	5.00
000335 Parfait Yogurt, Strawberry, Large (2M, 2WG, 5c.F)	parfait	30	502	2.03	301	51	10.78	0.00	5	89.73	5.76	12.01
001942 Cereal, Frosted Flakes	Each	25	100	0.00	170	7	0.00	0.00	0	24.00	3.00	2.00
001739 Cereal, Froot loops, Bowl	Each	20	110	0.00	170	8	0.50	0.00	0	24.00	3.00	2.00
000404 Cheese, String, Mozzarella, 1 oz (1M)	Each	115	80	3.50	200	0	6.00	0.00	15	1.00	0.00	7.00
000399 Peanut Butter & Jelly Bar Conv	Each	70	310	4.00	210	13	18.00	0.00	0	31.00	5.00	10.00
000830 Juice, AppleBerry 4 oz (1/2c. F-J)	4 oz (each)	460	55	0.00	15	13	0.00	0.00	0	13.50	0.00	0.00
001903 Applesauce, Mango peach	Each	85	60	0.00	0	12	0.00	0.00	0	15.00	1.00	0.00
000763 Milk, Nonfat Chocolate Carton	Carton	105	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000376 Milk, 1% Low Fat Carton	carton	280	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	35	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000222 Ketchup: individual	packet	0	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
Weighted Daily Average			434	4.59	449	44	10.53	0.00	16	73.67	4.29	15.78
% of Calories				9.52%		40.6%	21.8%	0.0%		67.9%		14.5%
Weekly Nutrient Guideline			400 - 550	<10	600		<=0					

Monday - 11/15/2021

Reimbursable Meal Total 495

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001634 Sandwich, Beef Sausage Biscuit (1M, 1.75WG)	Each	60	220	4.50	530	3	10.00	0.00	20	26.00	2.00	9.00
000495 Muffin Double Chocolate Chip	each	130	280	2.00	250	19	10.00	0.00	25	44.00	2.00	5.00
000553 Honey Buns (2WG)	Each	105	240	2.00	300	15	8.00	0.00	20	28.00	3.00	5.00
000335 Parfait Yogurt, Strawberry, Large (2M, 2WG, 5c.F)	parfait	30	502	2.03	301	51	10.78	0.00	5	89.73	5.76	12.01
001942 Cereal, Frosted Flakes	Each	25	100	0.00	170	7	0.00	0.00	0	24.00	3.00	2.00
001437 Cereal. Trix	Each	10	110	0.00	140	7	1.50	0.00	0	24.00	1.00	1.00
000404 Cheese, String, Mozzarella, 1 oz (1M)	Each	85	80	3.50	200	0	6.00	0.00	15	1.00	0.00	7.00
000399 Peanut Butter & Jelly Bar Conv	Each	75	310	4.00	210	13	18.00	0.00	0	31.00	5.00	10.00
001038 Breakfast Burrito (1.5M, 1.5WG)	1 each	40	222	2.71	359	1	6.28	0.00	11	31.39	6.07	11.84

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000518 Apple Juice	4 OZ	455	55	0.00	12	12	0.00	0.00	0	14.00	0.00	0.00
000068 Banana	EACH	125	90	0.11	1	12	0.33	0.00	0	23.07	2.63	1.10
000763 Milk, Nonfat Chocolate Carton	Carton	70	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	280	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	35	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000222 Ketchup: individual	packet	0	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
Weighted Daily Average			431	3.92	448	41	11.98	0.00	27	66.61	3.84	16.26
% of Calories				8.19%		38.1%	25.0%	0.0%		61.8%		15.1%
Weekly Nutrient Guideline			400 - 550	<10	600		<=0					

Tuesday - 11/16/2021

Reimbursable Meal Total 520

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001634 Sandwich, Beef Sausage Biscuit (1M, 1.75WG)	Each	60	220	4.50	530	3	10.00	0.00	20	26.00	2.00	9.00
000495 Muffin Double Chocolate Chip	each	110	280	2.00	250	19	10.00	0.00	25	44.00	2.00	5.00
000553 Honey Buns (2WG)	Each	80	240	2.00	300	15	8.00	0.00	20	28.00	3.00	5.00
000335 Parfait Yogurt, Strawberry, Large (2M, 2WG, 5c.F)	parfait	35	502	2.03	301	51	10.78	0.00	5	89.73	5.76	12.01
001942 Cereal, Frosted Flakes	Each	20	100	0.00	170	7	0.00	0.00	0	24.00	3.00	2.00
001437 Cereal. Trix	Each	10	110	0.00	140	7	1.50	0.00	0	24.00	1.00	1.00

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000404 Cheese, String, Mozzarella, 1 oz (1M)	Each	60	80	3.50	200	0	6.00	0.00	15	1.00	0.00	7.00
000399 Peanut Butter & Jelly Bar Conv	Each	60	310	4.00	210	13	18.00	0.00	0	31.00	5.00	10.00
001038 Breakfast Burrito (1.5M, 1.5WG)	1 each	40	222	2.71	359	1	6.28	0.00	11	31.39	6.07	11.84
001741 Donut, Mini, Pwdr 6ct-pk	Pack	85	270	3.00	230	21	11.00	0.00	0	41.00	2.00	4.00
000830 Juice, AppleBerry 4 oz (1/2c. F-J)	4 oz (each)	455	55	0.00	15	13	0.00	0.00	0	13.50	0.00	0.00
000068 Banana	EACH	125	90	0.11	1	12	0.33	0.00	0	23.07	2.63	1.10
000419 FRUIT MIX:canned,Drained	1/2 Cup	64	60	0.00	10	13	0.00	0.00	0	17.00	0.00	0.00
000763 Milk, Nonfat Chocolate Carton	Carton	70	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	280	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	35	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000222 Ketchup: individual	packet	0	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
Weighted Daily Average			430	3.79	429	43	11.73	0.00	23	68.41	3.64	15.17
% of Calories				7.93%		40.0%	24.6%	0.0%		63.6%		14.1%
Weekly Nutrient Guideline			400 - 550	<10	600		<=0					

Wednesday - 11/17/2021

Reimbursable Meal Total 490

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001634 Sandwich, Beef Sausage Biscuit (1M, 1.75WG)	Each	60	220	4.50	530	3	10.00	0.00	20	26.00	2.00	9.00

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000495 Muffin Double Chocolate Chip	each	125	280	2.00	250	19	10.00	0.00	25	44.00	2.00	5.00
000553 Honey Buns (2WG)	Each	75	240	2.00	300	15	8.00	0.00	20	28.00	3.00	5.00
000335 Parfait Yogurt, Strawberry, Large (2M, 2WG, 5c.F)	parfait	30	502	2.03	301	51	10.78	0.00	5	89.73	5.76	12.01
001942 Cereal, Frosted Flakes	Each	30	100	0.00	170	7	0.00	0.00	0	24.00	3.00	2.00
001437 Cereal. Trix	Each	15	110	0.00	140	7	1.50	0.00	0	24.00	1.00	1.00
000404 Cheese, String, Mozzarella, 1 oz (1M)	Each	65	80	3.50	200	0	6.00	0.00	15	1.00	0.00	7.00
000399 Peanut Butter & Jelly Bar Conv	Each	75	310	4.00	210	13	18.00	0.00	0	31.00	5.00	10.00
001038 Breakfast Burrito (1.5M, 1.5WG)	1 each	60	222	2.71	359	1	6.28	0.00	11	31.39	6.07	11.84
000875 Orange Juice 4 oz (1/2c.F)	Each	440	60	0.00	10	12	0.00	0.00	0	14.00	0.00	1.00
001903 Applesauce, Mango peach	Each	85	60	0.00	0	12	0.00	0.00	0	15.00	1.00	0.00
000763 Milk, Nonfat Chocolate Carton	Carton	70	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	245	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	35	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000222 Ketchup: individual	packet	0	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
Weighted Daily Average			407	3.65	427	37	11.28	0.00	24	62.00	3.46	16.12
% of Calories				8.07%		36.4%	24.9%	0.0%		60.9%		15.8%
Weekly Nutrient Guideline			400 - 550	<10	600		<=0					

Thursday - 11/18/2021

Reimbursable Meal Total 510

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001634 Sandwich, Beef Sausage Biscuit (1M, 1.75WG)	Each	60	220	4.50	530	3	10.00	0.00	20	26.00	2.00	9.00
000495 Muffin Double Chocolate Chip	each	110	280	2.00	250	19	10.00	0.00	25	44.00	2.00	5.00
000553 Honey Buns (2WG)	Each	65	240	2.00	300	15	8.00	0.00	20	28.00	3.00	5.00
000335 Parfait Yogurt, Strawberry, Large (2M, 2WG, 5c.F)	parfait	30	502	2.03	301	51	10.78	0.00	5	89.73	5.76	12.01
001942 Cereal, Frosted Flakes	Each	30	100	0.00	170	7	0.00	0.00	0	24.00	3.00	2.00
001437 Cereal. Trix	Each	15	110	0.00	140	7	1.50	0.00	0	24.00	1.00	1.00
000404 Cheese, String, Mozzarella, 1 oz (1M)	Each	65	80	3.50	200	0	6.00	0.00	15	1.00	0.00	7.00
000399 Peanut Butter & Jelly Bar Conv	Each	75	310	4.00	210	13	18.00	0.00	0	31.00	5.00	10.00
001038 Breakfast Burrito (1.5M, 1.5WG)	1 each	165	222	2.71	359	1	6.28	0.00	11	31.39	6.07	11.84
001741 Donut, Mini, Pwdr 6ct-pk	Pack	45	270	3.00	230	21	11.00	0.00	0	41.00	2.00	4.00
000830 Juice, AppleBerry 4 oz (1/2c. F-J)	4 oz (each)	460	55	0.00	15	13	0.00	0.00	0	13.50	0.00	0.00
000437 Peaches sliced	.5 CUP	89	69	0.00	10	13	0.00	0.00	0	16.73	0.98	0.98
000763 Milk, Nonfat Chocolate Carton	Carton	70	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	245	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	35	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000222 Ketchup: individual	packet	0	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
Weighted Daily Average			447	4.23	498	39	12.65	0.00	24	68.32	4.64	17.35
% of Calories				8.52%		34.9%	25.5%	0.0%		61.1%		15.5%
Weekly Nutrient Guideline			400 - 550	<10	600		<=0					

Friday - 11/19/2021

Reimbursable Meal Total 490

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001634 Sandwich, Beef Sausage Biscuit (1M, 1.75WG)	Each	60	220	4.50	530	3	10.00	0.00	20	26.00	2.00	9.00
000495 Muffin Double Chocolate Chip	each	130	280	2.00	250	19	10.00	0.00	25	44.00	2.00	5.00
000553 Honey Buns (2WG)	Each	60	240	2.00	300	15	8.00	0.00	20	28.00	3.00	5.00
000335 Parfait Yogurt, Strawberry, Large (2M, 2WG, 5c.F)	parfait	30	502	2.03	301	51	10.78	0.00	5	89.73	5.76	12.01
001942 Cereal, Frosted Flakes	Each	30	100	0.00	170	7	0.00	0.00	0	24.00	3.00	2.00
001437 Cereal. Trix	Each	15	110	0.00	140	7	1.50	0.00	0	24.00	1.00	1.00
000404 Cheese, String, Mozzarella, 1 oz (1M)	Each	25	80	3.50	200	0	6.00	0.00	15	1.00	0.00	7.00
000399 Peanut Butter & Jelly Bar Conv	Each	75	310	4.00	210	13	18.00	0.00	0	31.00	5.00	10.00
001038 Breakfast Burrito (1.5M, 1.5WG)	1 each	60	222	2.71	359	1	6.28	0.00	11	31.39	6.07	11.84
000518 Apple Juice	4 OZ	610	55	0.00	12	12	0.00	0.00	0	14.00	0.00	0.00
000419 FRUIT MIX:canned,Drained	1/2 Cup	69	60	0.00	10	13	0.00	0.00	0	17.00	0.00	0.00

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000763 Milk, Nonfat Chocolate Carton	Carton	140	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	315	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	35	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000222 Ketchup: individual	packet	0	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
Weighted Daily Average			441	3.54	454	46	11.00	0.00	25	71.30	3.22	17.27
% of Calories				7.22%		41.7%	22.4%	0.0%		64.7%		15.7%
Weekly Nutrient Guideline			400 - 550	<10	600		<=0					

Monday - 11/29/2021

Reimbursable Meal Total 510

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000539 Honey Wheat Donut (2WG)	EACH	110	240	2.50	300	19	8.00	0.00	0	38.00	2.00	7.00
001281 Pan Dulce Concha (2WG)	EACH	140	200	1.50	90	8	6.00	0.00	5	34.00	2.00	5.00
000335 Parfait Yogurt, Strawberry, Large (2M, 2WG, 5c.F)	parfait	30	502	2.03	301	51	10.78	0.00	5	89.73	5.76	12.01
001942 Cereal, Frosted Flakes	Each	25	100	0.00	170	7	0.00	0.00	0	24.00	3.00	2.00
001439 Cereal, Cocoa Puffs RS	Each	15	110	0.00	120	8	1.50	0.00	0	25.00	2.00	2.00
000404 Cheese, String, Mozzarella, 1 oz (1M)	Each	90	80	3.50	200	0	6.00	0.00	15	1.00	0.00	7.00
000399 Peanut Butter & Jelly Bar Conv	Each	60	310	4.00	210	13	18.00	0.00	0	31.00	5.00	10.00
001038 Breakfast Burrito (1.5M, 1.5WG)	1 each	35	222	2.71	359	1	6.28	0.00	11	31.39	6.07	11.84

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000518 Apple Juice	4 OZ	420	55	0.00	12	12	0.00	0.00	0	14.00	0.00	0.00
000068 Banana	EACH	125	90	0.11	1	12	0.33	0.00	0	23.07	2.63	1.10
000763 Milk, Nonfat Chocolate Carton	Carton	70	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	245	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	35	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000222 Ketchup: individual	packet	0	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
Weighted Daily Average			356	3.09	318	35	8.94	0.00	13	59.14	3.17	14.24
% of Calories				7.81%		39.3%	22.6%	0.0%		66.4%		16.0%
Weekly Nutrient Guideline			400 - 550	<10	600		<=0					

Tuesday - 11/30/2021

Reimbursable Meal Total 510

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001741 Donut, Mini, Pwdr 6ct-pk	Pack	120	270	3.00	230	21	11.00	0.00	0	41.00	2.00	4.00
001281 Pan Dulce Concha (2WG)	EACH	150	200	1.50	90	8	6.00	0.00	5	34.00	2.00	5.00
000335 Parfait Yogurt, Strawberry, Large (2M, 2WG, 5c.F)	parfait	40	502	2.03	301	51	10.78	0.00	5	89.73	5.76	12.01
001942 Cereal, Frosted Flakes	Each	35	100	0.00	170	7	0.00	0.00	0	24.00	3.00	2.00
001439 Cereal, Cocoa Puffs RS	Each	15	110	0.00	120	8	1.50	0.00	0	25.00	2.00	2.00
000404 Cheese, String, Mozzarella, 1 oz (1M)	Each	100	80	3.50	200	0	6.00	0.00	15	1.00	0.00	7.00

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000399 Peanut Butter & Jelly Bar Conv	Each	70	310	4.00	210	13	18.00	0.00	0	31.00	5.00	10.00
001038 Breakfast Burrito (1.5M, 1.5WG)	1 each	45	222	2.71	359	1	6.28	0.00	11	31.39	6.07	11.84
000830 Juice, AppleBerry 4 oz (1/2c. F-J)	4 oz (each)	420	55	0.00	15	13	0.00	0.00	0	13.50	0.00	0.00
000068 Banana	EACH	125	90	0.11	1	12	0.33	0.00	0	23.07	2.63	1.10
000419 FRUIT MIX:canned,Drained	1/2 Cup	54	60	0.00	10	13	0.00	0.00	0	17.00	0.00	0.00
000763 Milk, Nonfat Chocolate Carton	Carton	70	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	245	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	35	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000222 Ketchup: individual	packet	0	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
Weighted Daily Average			402	3.53	336	40	10.73	0.00	14	66.11	3.64	14.61
% of Calories				7.90%		39.8%	24.0%	0.0%		65.8%		14.5%
Weekly Nutrient Guideline			400 - 550	<10	600		<=0					

	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
Weighted Averages	423	4	418	*41	11.01	0.00	21	68.61	3.90	*16.21
% of Calories		8.40%		*38.8%	23.4%	0.0%		64.9%		*15.3%

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes required nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.